

Making longer lives, better lives.

August 2019 Hiking Schedule

Days, times and facilitators vary.

Carpooling: If you are able, there may be times that you are asked to drive others. If you are driving yourself, please make sure you plan ahead and get to the trailhead on time. If you get lost on the way to the trail head, please call the facilitator's cell phone. The facilitator will begin hikes on time unless there is an emergency.

Cancellation: If misting or raining that morning, there is a good chance the walk will be cancelled for safety - even if it stopped raining. Even with a little rain, the trails can become slippery or muddy. When the walk is cancelled there is no make-up scheduled. If the walk is cancelled, we will call registered participants as soon as we can. All the hikes will take approximately 1 ½ to 2 hours, approximately 3-4 miles in length. They might cover sidewalks, river walks, or dirt paths. We probably average 3 mph.

Checklist of Personal Responsibilities

- ✓ I have received medical permission for these hikes.
- ✓ I understand that my choosing to hike is voluntary.
- ✓ I wear foot wear appropriate for hiking stability and comfort, suitable attire and sunscreen.
- ✓ I remain hydrated and nourished.
- ✓ I choose the pace and distance that I can tolerate.
- ✓ I choose the weather conditions I will hike in.
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- ✓ I carry ID and emergency information.
- ✓ I protect myself from bug bites, i.e.: mosquitos, deer ticks
- ✓ I acknowledge that whether walking/hiking on dry or wet cement, asphalt, dirt, etc. there is an inherent risk of tripping and/or falling.

August

Date	Facilitator(s)	Level of Difficulty
Thursday, August 8	Ken Beck 313-969-1158	Moderate
<p>Boardman River Valley Trail/Brown Bridge Quiet Area We will meet at the Senior Center at 9 a.m. to car pool and 9:30 a.m. at the trailhead This is a point to point hike which requires leaving cars at both the start and end of the hike. We will meet the rest of the hikers at the tail end at Buck's Landing (DNR parking lot past Brown Bridge Landing on the left - this used to be the Brown Bridge pond boat launch) to arrange the shuttle to the trailhead (2nd parking lot on Ranch Rudolf Rd). We'll be hiking down to the river, crossing over the Grasshopper footbridge and following the south side of the river to the trail end. Difficulty: moderate with stairs and hills. Restroom is available at the trail end.</p>		

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Tuesday, August 13	Ken Beck 313-969-1158	Moderate
<p>Valley of the Giants We will meet at the Senior Center at 9 a.m. to car pool and 9:30 a.m. at the trailhead. It is about a five mile round trip, but some could go half way if they choose. Your chance to see old-growth forest that the loggers passed over along Twenty-Two (Mile) Creek. For many folks our viewing of a huge beaver dam and lodge was a highlight of this hike. Carpooling is a MUST as parking is at a premium. We will go south on Garfield Rd. Before the village of Mayfield we will turn left (east) on Brown Bridge Rd. When Brown Bridge Rd. goes left--we go straight on Scharman Rd. and follow it east for a couple miles until it turns south (right) and becomes Hodge Rd. In that curve we park off the road and locate the North Country Trail sign. That's where we begin hiking north toward the "Valley of the Giants." Not many people know about this gem of a trail...as it is not easy to locate. No water or toilets available.</p>		
Wednesday, August 21	Richard Hargreaves 231-313-2949	Easy
<p>The Timbers Natural Area (Old Girl Scout Camp) Meet at 9 a.m. at the Senior Center for carpooling, 9:30 a.m. at the trail head. Take North Long Lake Rd. west past TC West High School, past Twin Lakes, until you reach Timber Trail Rd. (unpaved) on the left. Go south for about 1/3 mile and look for the trailhead parking lot on the left. This 250 acre recreation area is a beauty with lovely rolling trails that bisect different ecosystems, including 3 lakes. If anybody knows Hall Heritage Farm is located, just at the top of the rise there is a brown sign "Timbers Recreation Area" on the right, do a left turn where a rock wall is and a partially paved road to take to the trailhead parking lot on the left. Restrooms are available.</p>		
Thursday, August 29	Ken Beck 313-969-1158	Moderate
<p>Alligator Hill Hiking Trail - Sleeping Bear Dunes National Lakeshore Meet at 9 a.m. at the Senior Center for carpooling, 9:45 a.m. at the trail head. Take M-72 West from Traverse City to Benzonia Trail (677). Turn right (north) and drive to M-22. Turn right and cross the Glen Lake Narrows bridge. Turn left on to Day Forest Rd. Turn right on Stocking Rd. (NOT Pierce Stocking Dr.) and look for the Alligator Hill parking lot on the right. Come see the dramatic new look to this trail after last year's blowdown. We plan to hike a 4.3-mile loop that will include 2 lookouts--one for the Manitou Islands and one for Big Glen Lake. (Bring your National Park pass if you have one.)</p>		

***Updated 8/9/2019**